LISTING OF CLAIMS:

This listing of claims will replace all prior versions, and listings, of claims in this application.

1 –19. (canceled)

20. (currently amended) An intervertebral disk prosthesis comprising:

a longitudinal, flexible ~~homogenous~~ member adapted to be wound in a spiral shape, wherein the flexible member is made from a single, integral member having a length, a width and a longitudinal axis, the flexible member ~~and~~ having ~~an~~ a distal exterior end and ~~an~~ a distal interior end extending between the length of the longitudinal axis of the member;

wherein the member includes a first intermediate point located between the exterior and interior ends, the width of the member at the first intermediate point being greater than the width of the member at the distal interior end ~~decreases from a first point located between the ends to the interior end~~.

21. (currently amended) The intervertebral disk prosthesis of claim 20, wherein the width of the member decreases continuously from the first intermediate point to the distal interior end.

22. (currently amended) The intervertebral disk prosthesis of claim 20, wherein the width of the member decreases continuously from the first intermediate point to the distal exterior end.

23. (currently amended) The intervertebral disk prosthesis of claim 20, further comprising a second intermediate point located between the first intermediate point and the distal exterior end, ~~wherein~~ the width of the member at the second intermediate point being greater than the width of the member at the distal exterior end. ~~decreases from a second point located between the first point and the exterior end toward the exterior end.~~

24. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member is spiral-wound, the member comprises substantially convex upper and lower surfaces.

25. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member is spiral-wound, the member is suitable for placement between adjacent vertebral bodies.

26. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member in a spiral-wound unloaded state, the intervertebral disk prosthesis further comprises a gap between a first spiral turn of the member and a second spiral turn of the member.

27. (previously presented) The intervertebral disk prosthesis of claim 26, wherein the gap is at least about 0.4 mm wide.

28. (previously presented) The intervertebral disk prosthesis of claim 26, wherein the gap is no more than about 1.0 mm wide.

29. (previously presented) The intervertebral disk prosthesis of claim 20, wherein when the member is spiral-wound, the member comprises an upper surface having a surface area between about 250 mm2 and about 750 mm2.

30. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the member further comprises a hydrogel.

31. (currently amended) The intervertebral disk prosthesis of claim ~~32~~ 20, wherein the member is manufactured using an injection-molding process.

32. (currently amended) The intervertebral disk prosthesis of claim 20, ~~An intervertebral disk prosthesis comprising: a longitudinal, flexible homogenous member adapted to be wound in a spiral shape, and having an exterior end and an interior end; wherein the width of the member decreases from a first point located between the ends to the interior end; and~~ wherein when the member is spiral-wound, the member further comprises an upper surface and an injection point, the injection point is located near the interior end in a recess in the upper surface.

33. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the member is radio-opaque.

34. (previously presented) The intervertebral disk prosthesis of claim 20, wherein the member further comprises radio-opaque components.

35. (currently amended) The intervertebral disk prosthesis according to claim 20, wherein the distal exterior end of the member is adapted to allow the member to be gripped by an insertion instrument.

36. (currently amended) The intervertebral disk prosthesis according to claim 20, wherein the height of the member is larger at the distal interior end than at the distal exterior end.

37. (currently amended) An intervertebral disk prosthesis comprising:

a longitudinal, flexible member adapted to be wound in a spiral shape, wherein the flexible member is made from a single, integral member having a length and a longitudinal axis, the flexible member further including a distal ~~and having an~~ exterior end, ~~and~~ a distal ~~an~~ interior end, and an injection point positioned near the distal interior end, the distal exterior end and the distal interior end extending between the length of the longitudinal axis of the member;

wherein the member is manufactured using an injection-molding process.

38. (currently amended) A prosthesis having a longitudinal central axis, the prosthesis being sized and configured for insertion between first and second adjacent vertebral bodies, the prosthesis comprising:

a longitudinal, flexible ~~homogenous~~ member adapted to be wound in a spiral shape, wherein the flexible member is made from a single, integral member having a length, the longitudinal, flexible ~~homogenous~~ member having a distal ~~an~~ exterior end, a distal ~~an~~ interior end and a cross-sectional width,

the length of the prosthesis extending between the distal exterior and interior ends, the cross-sectional width being substantially perpendicular ~~to the~~ to the longitudinal axis of the prosthesis, the distal interior end of the longitudinal, flexible ~~homogenous~~ member being sized and configured to form a relatively flexible zone;

wherein the member includes a first intermediate point located between the distal exterior and interior ends, the width of the member at the first intermediate point being greater than the width of the member at the distal interior end ~~the width of the member decreases from a first point, located between the interior and exterior ends, to the interior end~~.

39. (currently amended) The prosthesis of claim 38, wherein the cross-sectional width of the member at the first intermediate point is between about 100% to about 300% wider than the cross-sectional width at the distal interior end.

40. (currently amended) The prosthesis of claim 38, wherein the decreasing cross-sectional width of the member from the first intermediate point to the distal interior end occurs continuously.

41. (currently amended) The prosthesis of claim 38, wherein the cross-sectional width of the member further decreases from said first intermediate point to the distal exterior end.

42. (currently amended) The prosthesis of claim 41, wherein the cross-sectional width of the member at the first intermediate point is between about 100% to about 300% wider than the cross-sectional width at the distal interior and distal exterior ends.

43. (currently amended) The prosthesis of claim 41, wherein the decreasing cross-sectional width of the member from the first intermediate point to the distal exterior end occurs continuously.

44. (currently amended) The prosthesis of claim 38, further comprising a second intermediate point located between the first intermediate point and the distal exterior end, ~~wherein~~ the cross-sectional width of the member at the second intermediate point is greater than the cross-sectional width of the member at the distal exterior end. ~~further decreases from a second point to the exterior end, wherein the second point is located between said first point and said exterior end.~~

45. (currently amended) The prosthesis of claim 38, wherein the prosthesis further comprises a height measured vertically with respect to the central axis, the height decreasing from said distal interior end to said distal exterior end.

46. (currently amended) The prosthesis of claim 38, wherein the prosthesis further comprises a plurality of gaps located between individual layers of the longitudinal, flexible ~~homogenous~~ member.

47. (previously presented) The prosthesis of claim 46, wherein each of said gaps is between about 0.5 mm and about 0.8 mm.

48. (previously presented) The prosthesis of claim 38, wherein the prosthesis is made from a hydrogel.

49. (previously presented) The prosthesis of claim 38, wherein the prosthesis is made from an injection-molding process.

50. (previously presented) The prosthesis of claim 38, wherein the prosthesis further includes an injection point.

51. (previously presented) The prosthesis of claim 50, wherein the injection point is adjacent the interior end.

52. (currently amended) The prosthesis of claim 50, wherein the injection point is located in a recess formed at the distal interior end of the member.

53. (currently amended) The prosthesis of claim 38, wherein the prosthesis further comprises an outer circumference, the distal exterior end of the prosthesis comprises an individual layer of the longitudinal, flexible ~~homogenous~~ member, the layer extending about 360 degrees around the outer circumference of the prosthesis.

54. (currently amended) The prosthesis of claim 53, wherein the individual layer of the longitudinal, flexible ~~homogenous~~ member forming the outer circumference of the prosthesis has a cross section width that is lesser than the cross-sectional width of the inner layers.

55. (currently amended) The prosthesis of claim 38, wherein the distal exterior end of the member includes a plurality of indentations for gripping the prosthesis